



TWFG Muddy Trails Bash

5K/10K/Little Muddy Kids' Fun Run/2K-9 Fun Run

Rob Fleming Park | The Woodlands, TX | April 2, 2016

Participant Information

General Information and Guidelines

The Woodlands Township Parks and Recreation Department is thrilled you have chosen to participate in the 9th Annual TWFG Muddy Trails Bash! The courses will wind through the beautiful George Mitchell Nature Preserve, located on 1,800 acres adjacent to Rob Fleming Park in the Village of Creekside Park.

Please refer to our website for more information: www.thewoodlandstownship-tx.gov/races.

NOTE – Please read this packet in its entirety. An educated athlete is a happy, safe and successful athlete!

Directions

Rob Fleming Park's physical address is 6055 Creekside Forest Drive; The Woodlands, Texas 77389.

From I-45, take Woodlands Parkway and follow to Gosling Road. Turn left and follow to Creekside Forest Drive. Turn right and follow the signs.

Participant Parking/Spectator Parking

Participant and spectator parking is available at **WoodsEdge Community Church** located at 25333 Gosling Road. A shuttle service (4 buses) will be provided starting at 1:00 p.m. with the last bus leaving Rob Fleming Park at 8:30 p.m. The shuttles will run approximately every 15 minutes.

Participants with dogs will **not be able** to utilize the shuttle service and will require a parking pass in order to park in the 2K-9 participant lot (**New Haven House of Prayer** located at 6262 Creekside Green).
2K-9 PARTICIPANTS – Please be on the lookout for your parking pass in your race packet.

[Click here for a Parking Map to view parking locations.](#)

Race Day Schedule of Events

1:00 to 2:15 p.m.	Race Day Packet Pick-Up & Registration at Rob Fleming Park
3:00 p.m.	Little Muddy Kids' Fun Run Starts
3:30 p.m.	TWFG Muddy Trails Bash 10K Race Starts
3:50 p.m.	TWFG Muddy Trails Bash 5K Starts
4:15 p.m.	2K-9 Fun Run Starts
6:30 p.m.	Awards
8:00 p.m.	TWFG Muddy Trails Bash Ends

Preparing for the Race & Other Important Details

Participants should expect to encounter sand, mud, roots, gravel and other trail running related surfaces in the George Mitchell Nature Preserve. Weather conditions in Houston vary during April, so participants should dress accordingly.

Trail running is a different experience from road running. Running the trails can give your feet a break from pounding on the asphalt, and the views can be refreshing. Whether you are a beginner or a seasoned trail runner, here are some tips to remember when training and before you hit the trail:

- **Slow down:** Trail running can present unexpected obstacles like rocks, branches and sudden drops, so do not expect to run as fast as you would on a flat/road surface.
- **Watch where you are going:** Always keep your eyes on the trail a couple of feet ahead of you to avoid tripping. If you are running behind someone else, keep at least a few feet between the two of you to avoid mishaps.
- **Wear the right footwear:** For most trail runs, you do not need trail shoes but we recommend good socks that come at least 1 inch above the top of your shoe to avoid dirt and pebbles giving you blisters.
- **Share the trail:** Be aware of others using the trail. Many trails are narrow, so move to one side if someone wants to pass. There is a section of the 10K race course where racers are going in both directions. Always move to the right and pass on the left.

Above all, have fun!

Other facts and helpful information: The Township has worked diligently to ensure the course is a safe and enjoyable one for participants, but please be advised of the below to be fully prepared for this year's race:

- **Terrain** – As previously mentioned, racers should expect various areas of the course to contain sand, mud puddles, roots, gravel and other terrain that accompany a trail run.
- **Mosquitos** – Due to rain fall and damp conditions during this time of year, mosquitos are present throughout the George Mitchell Nature Preserve. Please prepare accordingly. **Should you wish to apply bug spray for the race, please do so prior to lining up at the start line.**
- **USA Track & Field (USATF) Sanctioning** – Please be advised that TWFG Muddy Trails Bash 5K Run and 10K Run courses are sanctioned by USATF. It should be noted that the courses are not certified; however, the Township has worked to carefully measure and map the course as effectively as possible over the last several weeks.

Packet Pick-Up – IMPORTANT

All racers are required to pick up their participant race packet. The participant race packet contains the official race number, with an attached timing device if participating in the 5K or 10K and cotton TWFG Muddy Trails Bash t-shirt. **Your race packet will not be mailed.**

Participant information will **NOT** be in the race packet, but is available from the website as well as multiple participant e-blasts sent over the last two weeks. Each participant is responsible for knowing all information and/or instructions pertaining to race day.

Packet Pick-Up Dates and Locations

Thursday, March 31 and Friday, April 1, 2016 10:00 a.m. – 7:00 p.m. Luke's Locker 9595 Six Pines Drive, #1060 The Woodlands, Texas 77380 Phone: 281-419-0326	Saturday, April 2, 2016 (Race Day) 1:00 to 2:15 p.m. Rob Fleming Park Parking Lot 6055 Creekside Forest Drive The Woodlands, Texas 77389 <i>Look for tents with green tear drop flags</i>
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Packet Pick-Up Procedures

1. Every participant or official designee must pick up his/her race packet in order to participate in their race.
2. Packet Pick-Up is located at Luke's Locker prior to Race Day and Rob Fleming Park the day of the race. Please proceed in an orderly fashion to the Packet Pick-Up area.
3. Race packets are organized by race, then by race number.
4. **YOU NEED TO KNOW YOUR BIB NUMBER TO PICK UP YOUR PACKET!** Bib numbers will be emailed March 29, 2016.
5. You are allowed to pick up race participant packets for others, but you must have their bib number.

Little Muddy Kids' Fun Run

The Little Muddy Kids' Fun Run is a non-competitive run designed to promote fun and fitness for kids of all abilities. Please have all participants at the start line ten minutes prior to the start of the fun run. Prior to the race, please review the course. All participants will receive a commemorative event t-shirt and finisher medal. Parents are welcome to join in and run with their children. If not, please designate a meeting place after the race near the finish line.

Little Muddy Kids' Fun Run Timeline:

- 2:50 p.m. – Head to the start line to warm up and stretch
- 2:55 p.m. – Runners take your mark!
- 3:00 p.m. – Run starts
- 3:30 p.m. – Post-Race Party begins

KONA Ice North Houston will be providing all Little Muddy Kids' Fun Run participants with a snowcone! The snowcone voucher will be attached to each finisher medal.

My child is running the Little Muddy Kids' Fun Run. What do I need to know?

Much of the information is the same as the timed 5K and 10K runs such as Registration, Packet Pick-Up and Post-Race Party activities. The route differs from the 5K and 10K (refer to the course map), and the run starts at 3:00 p.m.

Parents please join us for stretches from 2:50 to 3:00 p.m. and meet our volunteer runners who will join your child/children on the course. Volunteers will also be placed at various locations throughout the course, and can be easily identified by their **PURPLE** Volunteer t-shirt.

The run will start at 3:00 p.m. If you are running TWFG Muddy Trails Bash 5K or 10K and would like to use this one mile jog with your child/children as your warm-up, please do so! This is a fun run, so whether you choose to run with your child or watch from the side lines, make sure to end together at the finish line to receive your medal and make your way to the Post-Race Party!

Pets are not allowed to run in the Little Muddy Kids' Fun Run.

2K-9 Fun Run

The 2K-9 Fun Run is a non-competitive run designed to promote fun and fitness with your dog! Please have all dogs at the start line ten minutes prior to the start of the fun run. All runners will receive a t-shirt and dogs will receive a commemorative dog tag for completing the race!

2K-9 Fun Run Timeline:

- 4:05 p.m. – Head to the start line
- 4:10 p.m. – Runners and Dogs take your mark!
- 4:15 p.m. – Run starts

2K-9 Quick Facts:

- ✓ One dog per person
- ✓ Runner must be 13 years or older
- ✓ No female dogs in heat
- ✓ No dogs under six (6) months of age
- ✓ No aggressive dogs
- ✓ Dogs must be on leash no more than five (5) feet in length
- ✓ No retractable leashes
- ✓ Owners must clean up after their animals

Participants with dogs will **not be able** to utilize the shuttle service and will need to park at New Haven House of Prayer (6262 Creekside Green) and will require a parking pass in order to park in the 2K-9 participant lot. 2K-9 participants please look for your parking pass in your race packet. [Click here for a Parking Map.](#)

A **Dog Recovery Zone**, sponsored by [Windvale Pet Hospital](#), will be located near the Bluebonnet Area in Rob Fleming Park.

TWFG Muddy Trails Bash 5K and 10K

The courses, sanctioned by USA Track and Field (USATF), will wind through the beautiful George Mitchell Nature Preserve trails, located on 1,800 wooded acres adjacent to Rob Fleming Park. Refer to the website for maps of the race courses.

10K Timeline:

- 3:20 p.m. – Head to the start line
- 3:25 p.m. – Runners take your mark!
- 3:30 p.m. – Race starts

5K Timeline:

- 3:40 p.m. – Head to the start line
- 3:45 p.m. – Runners take your mark!
- 3:50 p.m. – Race starts

For safety reasons, please no baby joggers/strollers, no roller blades, no wagons or bikes. Head phones are discouraged.

Pets are not allowed to run in the timed 5K and 10K races.

Medical Services

Water stations will be located at the finish line and four (4) additional locations along the race courses. **Memorial Hermann – The Woodlands Sports Medicine** will be at the finish line to provide first aid assistance.

Windvale Pet Hospital will be located near the Dog Recovery Zone to provide first aid assistance for dogs.

All race coordinators will have communication with medical personnel as needed on any part of the course.

Bag Drop Instructions

A secured bag drop will open at 2 p.m. and be located in Rob Fleming Park under a tent, marked with blue teardrop flags, near the parking lot.

- You will be provided with a plastic drawstring bag.
- Put your clothing in a bag and tie a knot.
- Township staff will label and store your bag according to your race number.
- Though the bag drop tents will be staffed by volunteers for the duration of the event, The Woodlands Township will not be responsible for any lost or stolen items.
- Participants will need to show their race number to retrieve their bag.

Race Volunteers

If you have questions, find a Race Volunteer who will be in **PURPLE** Volunteer t-shirt or a Race Committee member in **Blue** Race Staff polo.

Race Results

Unofficial race results will be posted at Rob Fleming Park on A-Frame sandwich boards, marked with red flags, upon the participant's completion of the race. Official race results will be posted to an external site within 24 hours of the end of the race. Race results will be posted at

<https://www.athleteguild.com/running/the-woodlands-tx/2016-twfg-muddy-trails-bash>.

Post-Race Party

Live Zydeco music by the Platinum Players Zydeco Band, crawfish and refreshments will be available at Rob Fleming Park for all race participants! A crawfish plate or pizza is available to participants with a bib. Racers are required to show their bib to receive their food.

Spectator Concessions Available!

Crawfish will be sold for \$8.00 per plate to the public which is approximately 1.5 lbs. Pepperoni and cheese pizza will be available for purchase at the concession stand. Pizza will be \$3.00/two slices. Soft drinks (Coke, Diet Coke and Sprite) will be \$2.00. Water is complimentary. Faust Distributing products will be available for spectator purchase.

Concessions will accept cash, check or credit card; cash is preferred.

Muddy Bowl Crawfish Cook-Off

In addition to the race, the Muddy Bowl Crawfish Cook-Off will be taking place in the park throughout the event. Teams will compete to create the best crawfish recipes in the following categories:

1. Best Crawfish— Awarded by judges
2. Best Cajun Dish – Awarded by judges
3. People's Choice – Awarded by spectators (Voting at The Woodlands Township Tent)
4. Best Decorated Tent – Awarded by judges

Free samplings will be available starting at 4 p.m.

Chip Timing

Timing for this event is being handled by Athlete Guild. Always keep your BibTag visible – Do not remove or cover, and do not excessively twist or bend.

Please remove all old tags from previous races.

Restrooms

Restrooms are available on the north side of the pavilion next to the playground. Portable restrooms are located in the parking lot.

Water Stations

Four (4) hydration stations will be strategically placed along the course where volunteers will be present to hand out water. Course monitors and medical personnel will also be available throughout the run.

Photography

View your race photos online at www.raceshots.net. All photos will be available for quick, easy online purchase. Photos will be online within three days of the event. For questions, please contact the

raceshots.net staff at orders@raceshots.net. Share your photos with us! Please send any photos you have taken during the event to races@thewoodlandstowship-tx.gov.

Inclement Weather

TWFG Muddy Trails Bash is a rain or shine event – However, in the event of conditions that may cause an unsafe environment for the racers, the Race Director may postpone the start of the race until it is safe for the participants.

In the event of inclement weather, staff will work carefully to continue with the event. Remember – Thunder and lightning can delay the start by 20-30 minutes each time it is seen or heard. Staff will delay the event as long as possible. Long delays may result in the entire race being a 5K. If bad weather persists, the event may have to be cancelled. Please note that Race Staff will work meticulously to make TWFG Muddy Trails Bash continue as planned so long as the safety of spectators and participants is not compromised. Please know that complete cancellation is very rare, but does happen occasionally. In the ten years the Parks and Recreation Department has been producing races, a race has never been cancelled, but slight modifications have had to be made in order to open the roads on time.

Awards

The award presentation begins at 6:30 p.m. at the stage.

Award Presentation Order:

Award Order	Divisions 5K/10K
1	Top Male Overall
2	Top Female Overall
3	Top Male Masters
4	Top Female Masters
5	Female 14 and Under
6	Male 14 and Under
7	Female 15-19
8	Male 15-19
9	Female 20-29
10	Male 20-29
11	Female 30-39
12	Male 30-39
13	Female 40-49
14	Male 40-49
15	Female 50-59
16	Male 50-59
17	Female 60-69
18	Male 60-69
19	Female 70 and Up
20	Male 70 and Up

Zero Waste

A **Zero Waste Event** is one in which event organizers plan ahead to reduce solid waste from the event, reuse various elements such as banners, and set up recycling for those recyclable materials such as paper cups, food scraps, and plastic water bottles that are generated by the event.

With your cooperation, TWFG Muddy Trails Bash is aiming to become a Zero Waste event! Waste Stations are marked with green swoop flags and are placed throughout the event and *staffed by volunteers* to make sorting EASY! Each station consists of three (3) collection containers with helpful signage; just toss your leftovers in the right receptable.



BLUE is for **RECYCLABLES**, #1 plastic water and sport drink bottles and aluminum cans.

GREEN is for **BIODEGRADABLES (compostable)**, leftover food, vegetable-based containers and utensils and paper products (including waxed cups)

BLACK is for **TRASH**, foils, juice boxes, cellophane packaging and other trash.

Because if you are not for zero waste then how much waste are you for?

FAQ's

What should I bring with me?

Everyone needs different things. As a general rule, you want to bring all your Packet Pick-Up items, especially your bib. Aside from that, we recommend bringing some water or pre-race drink, something small to eat that won't upset your stomach, a change of clothes for after and possibly some rain gear in case the weather gets bad. Also, bring a recovery drink and your snack of choice. We will have food there, but it's safe to have something of your own to drink and eat just in case. We also suggest checking the weather ahead of time to know if you should dress up or down according to heat/cold. You may want to bring sunscreen, a hat/visor, sunglasses, bugspray and nutrition such as Gu Packets and Fuel Belts if needed.

Can I listen to a music device while I run?

Technically yes, but we strongly advise against it for safety reasons. It is suggested that you do NOT have anything impairing your ability to hear your surroundings. You may need to avoid a dangerous situation and headphones would put you at an elevated risk of a potential injury.

Is pacing allowed by outside non-registered participants?

Absolutely not! Any non-registered pacers will be stopped immediately and the person they are pacing will be disqualified.

May I use my own timing chip instead of the provided disposable timing tag?

No, all race participants will receive a disposable chip for the race, which is on your bib. You do not need to turn it in after the race.

What do I do with my Race Bib after the race?

Keep it, throw it out, do whatever with it. We don't need it back

How early should I get there?

If you are doing packet pickup on race day, get there at least an hour early to be safe. If you have everything you need just be sure you're there early enough to warm up, stretch, and go to the restroom, 45 minutes is typically enough. Please see our Event Schedule for details.

Special Thanks to our Event Sponsors & Volunteers

Thank you to our sponsors and the countless volunteers for your participation, dedication and contributions in making the 2016 TWFG Muddy Trails Bash 10K, 5K, Little Muddy Kids' Fun Run, 2K-9 Fun Run and Muddy Bowl Crawfish Cook-Off a success. Without you this race would not be possible!



To our Participants

Thank you again for joining us for the 9th Annual TWFG Muddy Trails Bash! Please remember to take the time to thank event volunteers and sponsors. The Woodlands Township Parks & Recreation Department wishes all participants the best of luck. Thank you for your continued support of this race!

Event Producer – The Woodlands Township Parks & Recreation Department

- **Vision:** We will keep the hometown vision alive and lead the community in perpetuating the values that make The Woodlands the most desirable community in which to live and work.
- **Mission:** We provide our members superior services, representation, programs and amenities to preserve the vision and enhance the quality of life that attracted all of us to The Woodlands.
- **Values:** Preserve the natural environment and master plan. Promote safe and healthy neighborhoods. Provide attentive service with the best value. Foster a sense of community.

Event Security Plan

Prior to all Township-produced races (TWFG Muddy Trails, CB&I TRI and Memorial Hermann 10 for Texas), the Emergency Action and Security Plans are updated in consultation with local law enforcement and within best practices for event planning. The Race Directors work diligently to provide athletes and spectators a safe and enjoyable venue and race experience. All event participants (athletes, sponsors, volunteers, staff) are a part of the safety plan, and you are encouraged to be the extra eyes and ears for anything you see that may be suspicious. If there is a law enforcement officer within your view, report suspicious activity to him/her. Please call Harris County Constable Precinct 4 at 281-376-3472 if there is something that looks out of the ordinary or just does not appear to be right. If there is an emergency in process, please call 9-1-1. We are looking forward to seeing you at Rob Fleming Park on April 2, 2016, at TWFG Muddy Trails Bash!